

organic high lignan flax oil

cardiovascular<sup>v</sup>

immune<sup>v</sup>

essential fatty acid<sup>v</sup>

specialty

16 fl. oz. (473 mL) dietary supplement

## gluten free

dairy free

sov free

> nut free

# **Supplement Facts**

Serving Size 1 Tbsp (15 mL) Servings Per Container: 31

	Amount Per Serving	% Daily Value <sup>†</sup>
Calories	120	
Total Fat	13 g	17%
Saturated Fat	1 g	6%
Polyunsaturated Fat	9 g	*
Monounsaturated Fat	2.5 g	*

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omega-3 Polyunsaturated Fat			
Alpha Linolenic Acid (ALA)	7230 mg	*	
Omega-6 Polyunsaturated Fat			
Linoleic Acid (LA)	1800 mg	*	
Omega-9 Monounsaturated Fat			
Oleic Acid	2100 ma	*	

<sup>†</sup> Percent Daily Values are based on a 2.000 calorie diet. \* Daily Value not established

Ingredients: Organic flax seed oil, organic flaxseed particulate (contains lignan).

Does not contain: Wheat, Gluten, Corn, Sugar, Salt, Starch, Dairy, Citrus, Animal Derivatives, Preservatives. Artificial Colors or Flavors.

DIRECTIONS: Take one (1) tablespoon up to twice daily, preferably with meals. Consult your healthcare practitioner for your individual needs. Avoid direct heat

V These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any

STORE IN A COOL, DRY PLACE. KEEP OUT OF BEACH OF CHILDREN

TAMPER EVIDENT

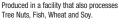
Do not use if inner seal is broken or missing.

BEST IF REFRIGERATED AFTER OPENING. SHAKE WELL BEFORE USING.

Can be frozen to extend shelf life.

Natural settling of the flaxseed particulates may occur. Stirring may be necessary.

USDA



## Cold Pressed for Maximum Freshness

The Vitamin Shoppe®'s FLAX OIL with Lignans is a high vegetarian source of the omega-3 essential fatty acid ALA (alpha linolenic acid). It provides the essential fatty acids required for a well balanced diet. Our FLAX OIL with Lignans contains 7.2 g of ALA per serving. In order to ensure the freshest tasting oil available. a proprietary pressing technique is used that prevents the destructive effects of heat, light and oxvgen.

### The Vitamin Shoppe® Flax Oil Facts:

- . Third Party Certified Organic Flax Oil
- · Manufacturing process protects oil from heat, light and oxygen
- Taste is smooth and fresh
- Packaging is opaque to retain freshness

#### Flax Oil Uses:

- · Take it straight
- · Add to fruit or vegetable juice
- · Blend into smoothies or protein drinks
- · Use as an ingredient in salad dressings
- . Mix with vogurt, cottage cheese or oatmeal
- Flax Oil should not be used as cooking oil

Manufactured for: Vitamin Shoppe, Inc. Secaucus, NJ 07094 by Barlean's Ferndale, Washington 98248

Certified Organic by Quality Assurance International (QAI).

www.vitaminshoppe.com or call 1-800-223-1216 for more information and to reorder.





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